









# Student Ambassador candidates address Wildcat Request Live crowd

Voting to take place Thurs., winners to be announced during football game Sat.

Sam Diederich  
senior staff writer

Six students stepped confidently out onto the brightened basketball court of Bramlage Coliseum, doing their best to contain the shaking in their hands caused by a combination of nerves and crowd noise reverberations. Addressing large crowds is their forte, and so by the time the microphone has been placed in their sticky palms, the speakers are as calm as Bill Snyder with a three-touchdown lead in Lawrence. “Hello, I want to be your K-State Student Ambassador.” This week, among the frenzy of All-University Homecoming activities, students will have the chance to become acquainted with and vote for two of six candidates running for the positions of K-State Student Ambassadors. The role of a Student Ambassador is an important one that should not be taken lightly by candidates

or voters, said Darchelle Martin, associate director of programs and student ambassador adviser for the K-State Alumni Association. “The student ambassadors, once they are elected, basically represent the current student body,” Martin said. “They travel to Alumni Association events and speak with prospective students and alumni about K-State.” Ambassadors are out on the recruiting trail for ten trips a year, Martin said, and such a commitment requires an unflinching passion for all things K-State. “It takes dedication. It takes someone with a lot of passion for K-State,” Martin said. “It takes a people person, someone who likes talking to people and someone who genuinely cares about K-State.” Students can cast their vote for two of the six eligible candidates, choosing one male and one female. Voting is scheduled to take place online Thursday from 8 a.m. to 5 p.m., and the two winners will be announced at halftime of the Oklahoma State football game on Saturday. The female candidates are

as follows: **Angela Muhwezi**, junior in biology, from Wichita. “K-State has been my family for a long time. I grew up bleeding purple, as they say. I came to basketball games, volleyball games and football games with my older sister, who was a student here. There have been so many doors open to me and I really want to give back to the university.” **Kelley Nelson**, junior in nutritional sciences, from Manhattan. “I live here in Manhattan and I absolutely love the community and the university. I would love the opportunity to draw peoples’ attention to K-State and how great it is. It’s a yearlong commitment that takes passion, but I’m ready to take that on.” **Katy Zapletal**, junior in kinesiology, from Manhattan. “K-State has given me so many amazing opportunities and I want to give back. I have a very bubbly personality and I have a passion for anything and everything K-State, and I can really relate well to high school students.”

The male candidates are as follows: **Darren Allison**, junior in marketing and public relations, from Lyons, Kan. “I really want to be a K-State ambassador because I have had such a good experience here and I see it as an awesome opportunity to help students have the same experience.” **Alex Edwards**, senior in advertising, from Olathe. “I first got interested in becoming an ambassador when Donnie (Hampton), my fraternity brother, was an ambassador. I admire it and I think it is respectable, and I want to serve K-State is what it comes down to.” **Reed Pankratz**, senior in marketing and public relations, from Hutchinson, Kan. “I started working with New Student Services my sophomore year giving tours to prospective students and from there I went to the Student Alumni Board and the Student Foundation. Through those opportunities I gained plenty of experience working with prospective students.”



Stephanie Larson, K-State Student Ambassador, speaks to attendees at Wildcat Request Live about the candidates for the 2011 female Student Ambassador position Tuesday evening.



Ryan Wilkerson, K-State Student Ambassador, speaks to the candidates for the male position for the 2011 male Student Ambassador during Wildcat Request Live Tuesday evening.

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STREET TALK


What is the best/worst thing you have ever received trick-or-treating?

“Reese’s, that is my favorite candy.” (best)



**Megan Walkowiak**  
JUNIOR, GENERAL ENGINEERING

“An actual regular-sized candy bar.” (best)




**Collin Campbell**  
SENIOR, KINESIOLOGY

“Something healthy, like fruit.” (worst)



**Jen Santa Maria**  
JUNIOR, KINESIOLOGY

“Bible pamphlets with no candy.” (worst)



**Tyler Kelzer**  
JUNIOR, BUSINESS

“Money.” (best)



**Anna Freund**  
SOPHOMORE, ELEMENTARY EDUCATION

“Sticky, slimy things that stick to walls.” (best)



**Marissa Campbell**  
JUNIOR, ANIMAL SCIENCES AND INDUSTRY

“Brown apples.” (worst)



**Russell Buchanan**  
JUNIOR, SECONDARY EDUCATION

“Best: money Worst: Getting chased out of a yard.”



**Brian Huston**  
SENIOR, HUMAN RESOURCE MANAGEMENT


“King-Size Snickers candy bar.” (best)



**Katie Burkland**  
JUNIOR, BIOLOGY

# INDEBTED

## Repealing health bill best bet for deficit reduction



**Danny Davis**

Obama’s major focus is reducing the amount of government spending — at least, according to the Oct. 24 Associated Press article “Obama preps for post-election presidency.” If you’re like me, you did a double-take after reading that first part. Obama wants to reduce the deficit. At first glance, it looks like a Republican stance. But the truth is, Obama has no such plans to do that with his current socialist agenda. He was quoted in the article saying, “If we’re going to get serious about the deficit, then we’re going to have to look at everything: entitlements, defense spending, revenues ... And that’s going to be a tough conversation.”

Yes, that will be a very tough conversation, indeed, for Obama. How can he argue for deficit reduction when the very programs he’s pushing are costing the government and people more money? The Congressional Budget Office estimates the cost of Obama’s health care reform to total \$940 billion over 10 years. That amount is almost equal to the total federal budget. Speaking of the federal budget, the budget deficit for the 2010 fiscal year was \$1.3 trillion, according to the Congressional Budget Office. Obama has been in office for nearly two full years. During this time, the Department of the Treasury reports that the national debt under Obama has increased by \$3 trillion. During Bush’s eight years in office, the

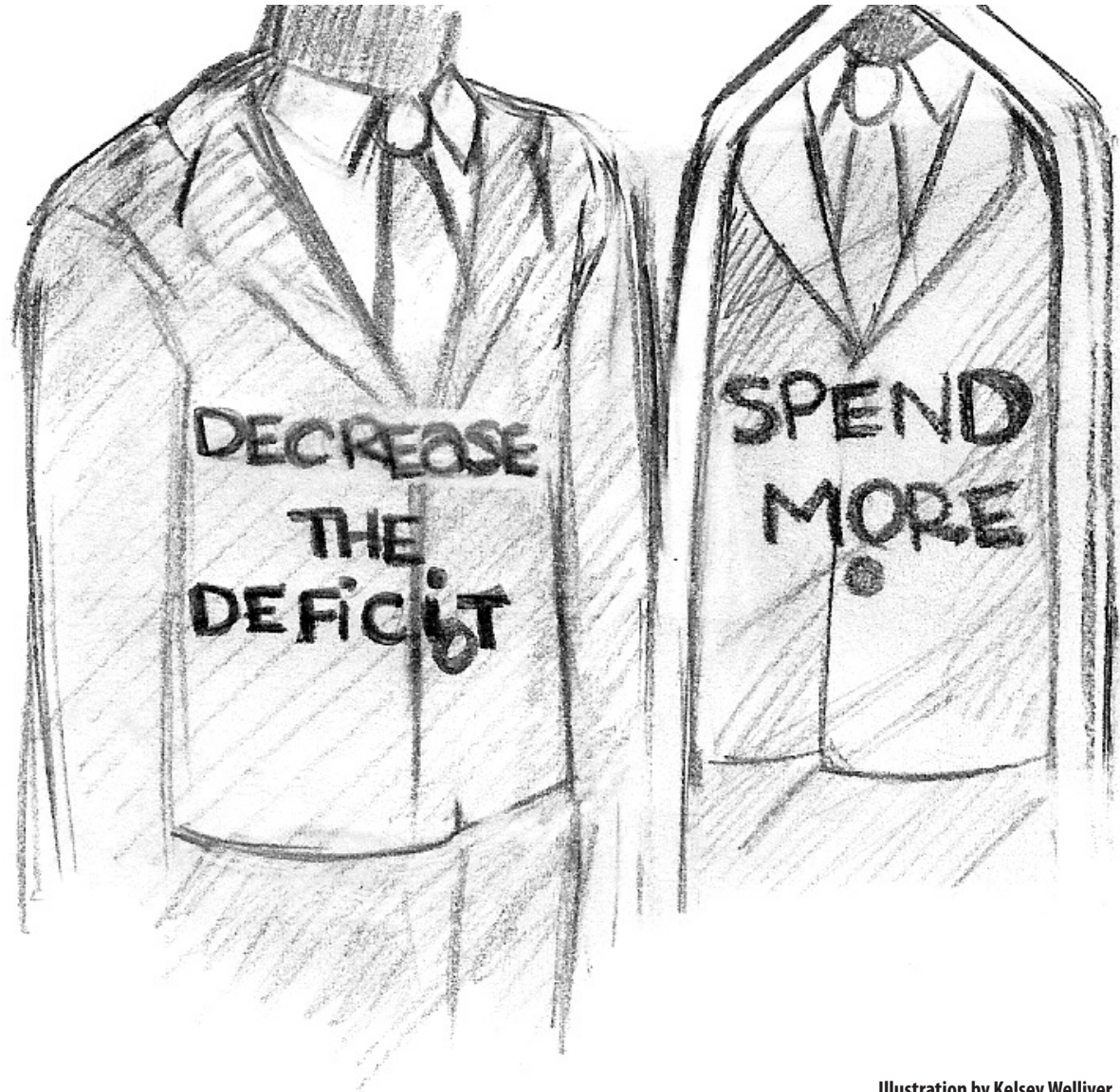


Illustration by Kelsey Welliver

debt increased only \$4.9 trillion. So, in two years, Obama has added more than 60 percent of what Bush added in eight. Two stimulus packages and government bailouts of banks and auto companies have driven government spending to record numbers under Obama. Moving forward to the second half of Obama’s term in office, it is hard to imagine a reduction of government spending, especially when you look at everything he has increased spending on — everything from antipov-

erty programs to education have received budget increases. While Obama can propose spending reductions, many of the programs are locked in for funding over the next several years. Programs such as the health care reform will consume the federal deficit for at least another decade. The best solution for deficit reduction is not one Obama will even consider: repealing the health care reform legislation. With Republicans using health care repeal as the major campaign

issue and with 53 percent of Americans favoring repeal, according to a Rasmussen poll, cutting health care reform from the budget is looking more and more likely. Obama is either delusional or lying to himself if he is convinced that he can significantly reduce the federal budget, especially with health care reform tacked on. His socialistic ambitions do not fund themselves, as America is slowly discovering. Even if a Republican-controlled Congress does not

pass Obama’s initiatives and spending bill, Obama already has gone down in history as spending more money than any other president. So, when Obama begins to have that “tough conversation” with the 112th Congress starting Jan. 3, 2011, he may need to take a look in the mirror to find the solution to his budget woes. **Danny Davis is a sophomore in mass communications and political science. Please send comments to [opinion@spub.ksu.edu](mailto:opinion@spub.ksu.edu).**

## Fear of strangers ruins Halloween



**Karen Ingram**

Halloween is upon us again, and everybody’s gearing up to take their kids trick-or-treating, but the game has changed and is turning creepier than any ghoul or jack-o-lantern could ever be. When I was a kid, Halloween was the one time of year that it was OK to accept candy from strangers. You walk up to the door, knock, present your bag and walk away with the booty. My dad was frequently absent, being a military man, and my mom was always a little skittish, so she would take the time to inspect our candy at the end of the night for razor blades or signs of puncture marks from needles, but I don’t recall anything ever failing her inspection. This was embarrassing, because none of the other kids’ parents did this, but thankfully she waited until we got home. Nowadays, my mom is normal. Everybody is scared of their own neighborhood. I’ve noticed more and more people I know who are scared to death to take their kids to any house they don’t know. In fact, there seems to be a growing trend of people who only take their kids “trick-or-treating” at the mall, the zoo or some other business-related event. They seem to be under the impression that if the candy is sponsored by a company, it’s safe. Even then, I wouldn’t be sur-

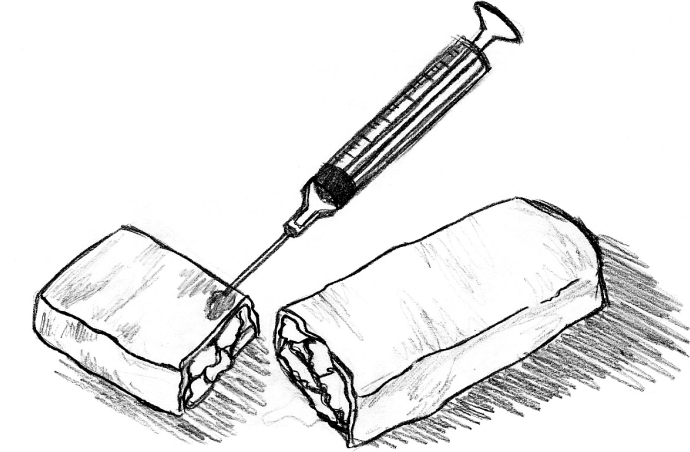


Illustration by Kelsey Welliver

prised if some people still examine the goods before little Johnny and Suzie take a bite, looking it over like a dutiful parent for any signs of tampering, politely declining the foods that cannot be accounted for, like homemade popcorn balls. I find this all very ironic because it’s far, far more likely that the candy itself is going to cause more damage to their kids. Back when I was a kid, high-fructose corn syrup was still relatively new and the obesity rates in America had not reached epidemic proportions, but today, we are well-aware of the dangers and still do nothing. Everywhere in the news, on TV, in magazines and lose-weight-now advertisements, we’re reminded that sugar is bad for you, people are eating too much junk food and America is getting fatter every day as a result. Back when my parents were kids, Halloween was a special time of year because of the candy. Candy was a luxury, an occasional

treat. Today, everybody’s house holds candy, regardless of the time of year. Candy and junk food are cheaper than healthy food. They taste better. Little Johnny wants it and wants it now. Mommy needs her PMS pick-me-up. Why cook when you can get a 60-ounce Slurpee and a king-size Snickers bar to take to the library for study time? And so, Halloween is not so special anymore. Candy is always plentiful; the only difference is you get more of a variety all at once on Halloween. Strangers are scary. Let’s dress up like witches and dead celebrities and do our hunting safely at the mall, where the strangers are less scary because they wear name tags. Then we’ll go home, pig out, have ice cream for dessert and McDonald’s for breakfast. There will be plenty of time to cry about it and take diet pills later. **Karen Ingram is a junior in English. Please send your comments to [opinion@spub.ksu.edu](mailto:opinion@spub.ksu.edu).**

### LETTER TO THE EDITOR

## K-State’s attitude changing for better

Quickly, I would like to thank Erin Logan. I consistently enjoy her drawings and cartoon strip “Logan’s Run.” Her talent in drawing and passion for social justice is refreshing and a tremendous asset for the Collegian. I was, however, troubled by yesterday’s strip where K-State is portrayed as the exception to the “It Gets Better!” campaign on YouTube. As an ally, I and many, many others on campus work hard every day to make K-State a caring and inclusive place for all, and jabs like that seem to undermine the genuine majority. Erin, I fully understand your frustration with the disturbingly low rating K-State received on gay-friendliness. You aren’t alone; many others join you in your dismay. But we must lend K-State grace, because the truth is that day by day, it is getting better here. I’m going to address the elephant in the room: K-State’s culture is changing, and we know it. We aren’t the same university we were even five years ago. As K-State moves, we have a chance to make a powerful impact. The tides of ignorance and old stereotypes have already turned. Now is the time to rise up in inclusion and awareness; acceptance, love and grace for all. Our passion is for the oppressed and the oppressor as we show deep compassion and humility toward those who are misinformed. K-State has its flaws, but so do you and I. Let’s grow together as we all take meaningful steps toward grace and connection. Let others think what they want; we know our true identity as a university steeped in diversity and passion. We are all K-Staters, and we have much to look forward to. Please join us in the daily joy and privilege of reaching out to both the hurting and the lacking. No one is ever alone, and absolutely everyone deserves the very best during their time here at K-State — a university of different, yet united races, faiths, genders, orientations, origins, views and so much more. Wildcats forever, connected in humanity. **Taylor Schmidt**  
Sophomore in political science and international relations

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The Collegian welcomes your letters to the editor. They can be submitted by e-mail to [letters@spub.ksu.edu](mailto:letters@spub.ksu.edu) or in person to Kedzie 116. Include your full name, year in school and major. Letters should be limited to 350 words. All submitted letters may be edited for length and clarity.

### CORRECTIONS

If you see something that should be corrected or clarified, please call our editor-in-chief, Jason Strachman Miller, at 785-532-6556, or e-mail him at [news@spub.ksu.edu](mailto:news@spub.ksu.edu).

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# REMATCH



Freshman middle blocker **Kaitlynn Pelger** tips the ball during K-State's game against Nebraska on Oct. 15 in Ahearn Field House. The Wildcats play Iowa State tonight at 7.

**Sam Nearhood**  
staff writer

With its record still burning from last weekend's loss to a top-10 team, the K-State volleyball team looks to restore its good name against another ranked opponent, but the task will not come easily. Tonight, K-State (9-13, 3-8 Big 12 Conference) faces No. 12 Iowa State (15-4, 8-3) in Manhattan for the second round of conference play. K-State played the Cyclones two weeks ago in the oddly-placed venue of a high school gymnasium, where Iowa State swept the Wildcats with an increasing temerity that, lately, is characteristic of the team. However, K-State head coach Suzie Fritz said her team has improved since then. "I think that we're a little bit better than we were the first time we played them — I really do — and I think we continue to make really good progress," she said. Since that match, K-State has dropped all of its meetings — two of which were against top-10 teams — in three games, a trend that has been repeated without a break for the past three weeks. The Cyclones have fared consider-

ably better; they won all three matches since the one against K-State, including a sweep last Saturday over Kansas. On Monday, the Big 12 named Iowa State's Ashley Mass, senior libero, the Defensive Player of the Week. The award comes partly from her 22 digs in her team's defeat of Colorado last week, only two away from her season high, and her 5.14 dig-per-game average in both of last week's matches combined. "She's really good," Fritz said. "She's a tremendous passer. She makes big plays; she's a playmaker for sure." Fritz added that Mass "frustrates left-side attackers" by covering a large area on the court. The Cyclones are third in the conference after losing to both Nebraska and Texas, respectively the first and second teams, but it sits in second for a fair number of league averages: assists per game, kills per game and digs per game. These three categories represent the dominating point flow of the sport, in that the team is trying to pass, set and kill the ball in almost every opportunity. Thus, Iowa State is right at the top in the basics of volleyball, allowing it to focus on more competitive

edges. Fritz praised her upcoming opponent and said it excels in many fields. "The thing that they do extremely well is that they're a very disciplined team, they're a very low-error team and they dig an enormous amount of balls," Fritz said. "They sit in rallies really, really well, and that's frustrating." First serve is set for 7 p.m. in Ahearn Field House. Fans not able to attend the match can listen on the radio from KMAN 1350.

## REMAINING SCHEDULE

Oct 30	Missouri	7 p.m.
<b>Nov 3</b>	<b>Texas Tech</b>	<b>7 p.m.</b>
Nov 10	Nebraska	7 p.m.
<b>Nov 13</b>	<b>Baylor</b>	<b>7 p.m.</b>
<b>Nov 17</b>	<b>Texas A&amp;M</b>	<b>7 p.m.</b>
Nov 20	Oklahoma	7 p.m.
Nov 24	Kansas	6:30 p.m.
<b>Nov 27</b>	<b>Colorado</b>	<b>7 p.m.</b>

\*Home matches in bold.

## Off the court with volleyball head coach Suzie Fritz

**Sam Nearhood**  
staff writer

*The Collegian talked with K-State volleyball head coach Suzie Fritz about the current state of her team, why it is that way and what to expect in the future.*

### What are some of the reasons for your team's slump right now?

I think it's a combination of youth. I think it's a combination of being kind of in the gauntlet of the schedule. There's a lot of things that we

can say. We're probably not where we want to be at this point in the season, but I don't think that that means that we can't get there. I don't know if I think of it as a slump. It's certainly been an increasingly frustrating time for us as a team in trying to figure out what and how and when and where and all those kind of things to try to turn it around.

### Do you have ideas of how to do that?

Sure, sure. They're all very specific in terms of training types of things. But there's

no question offensively we have to be better and hit for higher efficiency, period. If we can do that, I think we can play with people. Defensively, we're better than we are offensively. I don't think that's any secret, not to anybody we play.

### How much is age a factor?

This league doesn't really allow you to be young — it doesn't allow you to be inexperienced, I should say. And we have some of that; we've got players that are doing it for the first time. It's a day-by-day experiment, if you will,

because we lack experience, but we haven't used that as an excuse. We have really just set the bar and said, "Here's our expectations," and we're either going to meet them or we're not. I don't think we're going to change that. We're still going to have high expectations for where we want to be.

### Do you stay the course or change your overall plan?

I think I have the same expectations, but that doesn't mean that I change my game plan day to day. We're always evolving. You're always trying

to figure out what your team needs next. If you're not, then you're not paying any attention; you're not being who they need you to be; you're not working hard enough to identify what they need. I think you have to evolve, you have to change, you have to make adjustments. You can't just keep doing the same things and not having success. That's what your job is as a coach. So I don't think there's any question we're changing.

### Will you improve in the next few years?

I hope. That's the plan, is that a lot of these young players, with some experience and training and all the things that will go into the next three or four years for them, the hope is that they'll be able to achieve some extraordinary things two years, three years down the road. The problem is we don't have that kind of time; we need to be able to do it right now. So I'm not concerned about three years from now, though I think that they have an extraordinary amount of potential to do some special things that I'm concerned about today.

## Oklahoma State has full offensive arsenal



It's no huge secret that the bulk of K-State's offensive strategy has been the same over the last two seasons: get the ball to No. 8, and get it to him however you can. Through seven games, the Wildcats have executed that plan, and they've done so effectively. Senior running back Daniel Thomas has racked up 895 rushing yards — the seventh highest total in the country — and nine touchdowns. He's done so while averaging an impressive 5.4 yards per carry. As if that hasn't been enough, he's also the team's third-leading receiver and even recorded a touchdown pass last weekend at Baylor. Even with a couple sub-par performances against Central Florida and Nebraska, the often-celebrated Thomas has established himself as one of the elite backs in all of college football in 2010. But, unfortunately for Thomas, opposing defenses have discovered he is, for the most part, K-State's only offensive threat. Senior quarterback Carson Coffman has obviously shown some improvement — particularly in recent weeks — but is still nowhere near the Big 12's top-tier signal callers. Even worse, the Wildcats' receivers have been dropping like flies. Sophomore Brodrick Smith was lost for the year against Nebraska, and redshirt freshman Tramaine Thompson went down against Baylor. Long story short, despite Coffman's inconsistency and the personnel issues at wideout, one thing has remained constant all year: if Thomas can't get things going, K-State is in trouble. In the world of sports, "what

if" questions are tossed around all the time. In this particular case, I've found myself asking plenty "what ifs" about the Wildcats' offense. What if Smith and Thompson were still healthy? What if Auburn quarterback Cam Newton — who has led the Tigers to a No. 1 ranking in the BCS poll — had taken his talents to Manhattan, where he was so heavily recruited? Simply put, what if Thomas had a consistent, reliable supporting cast? To see what K-State's offense would look like with a legitimate passing attack, look no further than the Wildcats' next opponent, Oklahoma State. Like the Wildcats, the Cowboys feature one of the nation's top running backs in Kendall Hunter. The senior ranks third nationally with 1,031 yards and has scored 12 touchdowns. But, Hunter isn't the team's only offensive weapon; not even close. Oklahoma State's unit also includes the nation's top receiver: Justin Blackmon. Blackmon leads the NCAA with 1,112 receiving yards and 14 scores. The guy getting Blackmon the ball, quarterback Brandon Weeden, ranks third in the country with 2,249 passing yards. Statistically speaking, the Cowboys don't just have offensive weapons. They have some of the nation's best in all facets. It would obviously be unrealistic to expect K-State to field that kind of talent at three offensive positions. Very few teams have ever been able to put that much talent on the field at one time. But, with as good as Thomas has been with such little help, it's scary to think about what kind of team the Wildcats could be. It probably won't happen this year, but head coach Bill Snyder has been known to transform unknown recruits into top-notch players. "What if" he can do it again?

**Justin Nutter is a senior in journalism and mass communications. Please send your comments to [sports@pub.ksu.edu](mailto:sports@pub.ksu.edu).**

## Texas Tech, Texas A&M look to stay dominant at home, improve on the road

**Ashley Dunkak**  
sports editor

*Ashley Dunkak attended Big 12 Conference basketball media days at the Sprint Center in Kansas City last Wednesday and Thursday. After three hours' worth of listening to the men's coaches analyze their teams, Dunkak has put together a Big 12 preview, giving insight on each of K-State's conference opponents. Today's segment features Texas Tech and Texas A&M. This is part three of a five-part series.*

### Texas Tech

The Red Raiders had a winning record at 19-16 last season, but they only went 4-12 in the Big 12 Conference. However, they racked up a 14-5 record on their home court. By head coach Pat Knight's estimation, this season is an essential one for him personally, and the team has everything it needs to be successful. "To me, this is get-an-extension-or-get-fired type of year," Knight said. As he put it, by a coach's third year, he has the kind of players he needs to do well. This team is obviously going to be the best he has had, Knight said, and he could not ask for a better group of kids. Knight said he feels there are several all-conference players on the team, including guard John Roberson and forward Mike Singletary. He said the players get overlooked sometimes because of their location, a town with only one newspaper. He said the three-week stretch when Texas Tech lost seven consecutive games last season probably kept those two out of the rankings. "If we have a good season, they're going to get noticed," Knight said. Knight had complimentary words for other players as well. He said while junior forward Robert Lewandowski



Collegian file photo K-State guard **Martavious Irving** dribbles against Texas A&M guard **B.J. Holmes** during the first half of their basketball game in Bramlage Coliseum on Tuesday, Jan. 12.

hit a bit of a sophomore slump last year, the player is coachable, has figured out some things that were bothering him and is, as of now, the starting center. Knight said while Lewandowski is a tough kid with a Big 12 body, he's also the player with the most book smarts on the team — one who Knight predicts might even be a senator one day because he's that kind of person. The coach said his biggest concern is defense. He said the team has been ranked last

in defense and rebounding and will be in for a long year if it doesn't improve. While Tech could win some blowouts in the early non-conference schedule on offense alone, Knight said if the Red Raiders get into an O.K. Corral-style shootout with KU, "we're going to be the guy that gets killed at the other end." **Texas A&M** The Aggies made an impression last year, amassing a

24-10 record while going 11-5 in the conference and only losing one home matchup. Mark Turgeon, head coach of the Aggies, said he is excited about the team and has been pleased so far, citing "high character kids" in his program. He gave a rundown of many players on the team and where they are at this point. Junior guard Dash Harris tore a ligament last season, and it took awhile to figure it out, Turgeon said. Harris had surgery in June, and while Turgeon said he is at a high level defensively, doctors cleared him for shooting only about three weeks ago. Senior guard B.J. Holmes will lead the team along with Harris, Turgeon said. Holmes is one who has surpassed expectations. "When I first started coaching him, I wasn't sure he was good enough to play in the Big 12," Turgeon said. Now Holmes plays two positions and is a security blanket for the team on defense. While his coach said Holmes has always been a great team defender, he has also become a better individual defender. The coach also expressed hope in the young guys on the team. Kourtney Roberson is probably the furthest along, Turgeon said, and has a great feel offensively and can score in a variety of ways. Keith Davis is almost 6 feet 10 inches tall and continues to grow; Turgeon describes him as a young man who will play more and more for the Aggies. While Dan Alexander needs to put on weight, Turgeon calls him a "weapon" who can "flat-out shoot it from deep." Turgeon said while the team will be a little bit different from last year's — a little taller, a little longer — the talent is there; it's just bringing everything together. "Our expectation is to be really good again," Turgeon said.



# SWEET TOOTH



Nathaniel LaRue | Collegian



Photo courtesy of Wikimedia Commons



Photo courtesy of Wikimedia Commons

(Above) Jelly Beans like Jelly Belly's Sports Beans can be a healthy alternative to traditional Halloween candy.

## Trick-or-treaters not limited to classic candy

Kelsey Castanon  
staff writer

The devilish days of Halloween are here, and with a generous supply of candy available at every turn, nervous waistlines anticipate growth. Just a stroll down the candy aisle attests to the depressing fact that candy might never be healthy. However, some treats are less guilt-inducing than others. While swearing to avoid any candy consumption is a fine notion, opting for healthier alternatives is a more realistic and foolproof method in averting additional pounds. In an effort to keep calorie intake low, it's important to keep quantity in mind; one Twix here and two Snickers bars there can add up. Mindlessly eating candy is an unintentional habit formed all too often this time of year that is never quite worth the consequences. Eating too many sweets can put a damper on a healthy eating regime beyond an upset stomach.

"Munching candy non-stop throughout the day can dull your appetite for healthy meals and snacks," said Dianna Schalles, registered dietician for Lafene Health Center. "(It) can wreak havoc with blood sugar levels, which can leave you feeling drained in terms of energy level and ability to concentrate." Feeling tired and out of whack is hardly a way to end the Halloween season. Eating candy in moderation or as a substitute for dessert is a good guideline to follow, Schalles said. Though any candy's nutrition label reveals an abundance of bad ingredients, one healthy and simple candy switch is from milk chocolate to dark. "Dark chocolate is higher in antioxidants, lower in sugar, and recently has been shown to increase satiety — that is, after eating dark chocolate, people chose to eat less," said Sandy Procter, registered dietitian and extension specialist in nutrition in the department of human nutrition. "A little dark choco-

late, around an ounce a day, is said to have positive effects without ruining your diet." Switching to smaller-sized candies is also a good idea. Any convenience or grocery store in Manhattan sells a seemingly endless hoard of candy, including miniature "fun sizes." Keeping quantity in mind, a miniature candy bar is the perfect way to satisfy your sweet tooth without affecting your daily diet. Some "fun sizes," however, are healthier than others. Reading the nutrition information on a candy label can easily lead you to a healthier option. Take, for example, a 3 Musketeers bar. It is three things: Chocolate, fluffy and a better choice of candy. The mini version has only 24 calories and less than 1 gram of fat, a healthy choice in comparison to other treats, such as the popular Butterfinger mini, which has 45 calories and 2 grams of fat, all packaged in one not-so-fun-sized candy bar. If chocolate isn't what you're craving, try other candy alternatives that will surely satisfy a sweet tooth. A Dum Dum Pop is around 25 calories and takes

longer to consume, which makes portion control much easier. Jelly Belly's newest batch of jelly beans, called Sports Beans, offers the ultimate guiltless Halloween candy. According to the package, the jelly beans contain electrolytes and vitamins B and C. Available in seven different flavors, Jelly Belly Sports Beans are the secret ticket to getting the energy needed for any trick-or-treat activities. If you're hungry for something minty, a York Peppermint Patty is a low-calorie candy with less fat than a lot of other choices. If the healthiness of the candy doesn't sell you, take a second to watch the commercials for it. If that doesn't market satisfaction, not much will. If all else fails, look no further than around every corner, where a pumpkin is sure to be. Pumpkin seeds have a lot to offer in terms of nutrition, Procter said. They can be easily roasted or incorporated into something tasty. "Pumpkin is very

high in beta-carotene, which turns to vitamin A in the body," Procter said. "They are high in magnesium and iron, two nutrients that most students need more of." Most importantly, however, is dispatching the candy once Halloween is over. Lingering treats could tempt even the most dedicated dieter. Leftover candy is meant to be shared with many, many others. Keeping the candy bowl out of sight, Schalles said, and sharing leftovers with friends or co-workers is the best option if you decide to purchase candy. "Remind yourself it's OK to have a sweet tooth and enjoy seasonal treats, but try to check in with your stomach and be aware of what you're taking in," Schalles said. Remember, Halloween only comes around once a year. Don't hesitate to give your taste buds what they've been craving, so long as it's in moderation. 'Tis the season to eat candy; enjoy it.

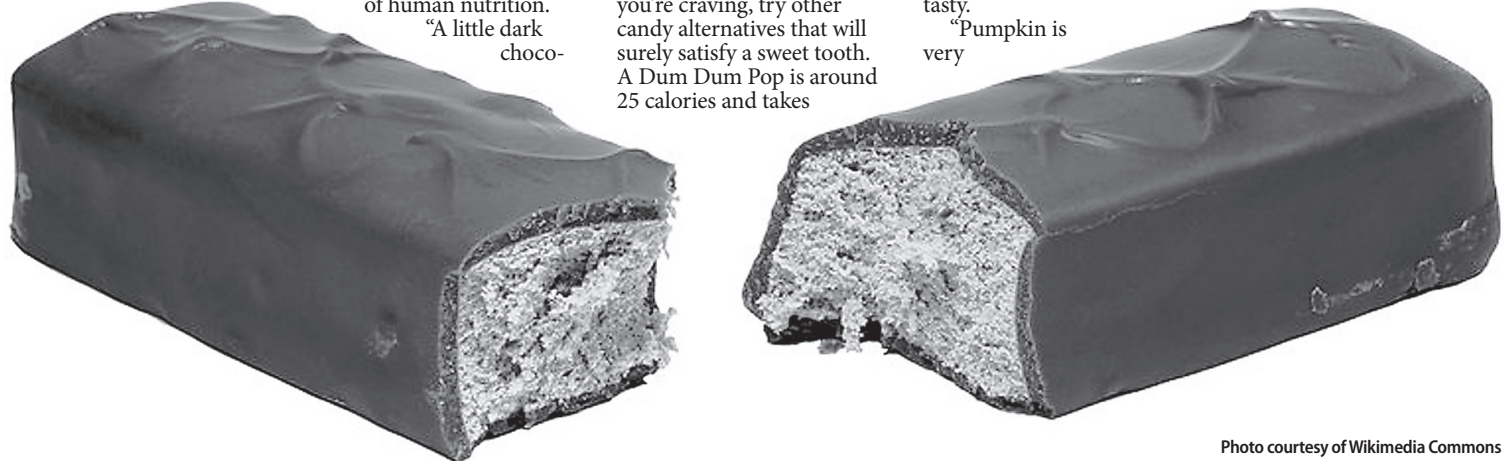


Photo courtesy of Wikimedia Commons

## Kaffe Hus offers comfort food, follows K.I.S.S.

Kaffe Hus  
★★★★☆  
Restaurant review by Tim Schrag

Olsburg, Kan., might not be known for much of anything, but the fried chicken found there keeps people coming back. Serving only two entrees — fried chicken and pot roast — with lots of side dishes served buffet-style, the Kaffe Hus (pronounced Coffee House) makes comfort food the way it should be, definitely worth the 20-minute drive from Manhattan. Heading to Olsburg is like going back in time to a simpler era of hard work and large Sunday meals, reflected in the building and its decor. I think it's part of the Kaffe Hus' charm; it reminds me of the after-church potlucks I used to attend growing up, except there are no parishioners bombarding patrons with hours of conversation, and the food is very well-prepared. Kaffe Hus is only open on weekends, from 11 a.m. to 2 p.m., which adds to the after-church potluck vibe.

Buffets have given me reservations in the past, but this one just about makes me forget all of my previous buffet woes — not bad for \$10, and even better when figuring in an extra \$2 for pie. Believe me, you'll want the pie. I had a cherry pie a la mode. There is nothing better than homemade pie paired with ice cream; it's just patriotic.

Coming from a small town in central Kansas, I have had my fair share of great fried chicken dinners. Kaffe Hus rolls with the best of them. Not to sound cliché, but the term finger lickin' does apply here. The chicken is mouthwatering, perfectly seasoned and not overcooked. The drumsticks and thighs practically fall right off the bone. The breading was crispy and there wasn't too much of it. This recipe alone is perfect for a Sunday afternoon. When it comes to pot roast, I think Kaffe Hus might be able to give my mom and grandma a run for their money. It wasn't the same fall-apart consistency found in the chicken, but it was tender and delicious nonetheless.

Pair either entree with corn, green beans and homemade mashed potatoes with gravy made from the pot roast, and a little slice of Kansas heaven is born. Kaffe Hus keeps things simple, which is why their comfort food is so good. People might come for the chicken and pot roast, but they'll stay for the other contents of the buffet: a great salad with green peppers, tomatoes and carrots; cottage cheese with real cream added in; potato salad; various types of dessert, salads and dinner rolls. However, I think the signature side dish is the bread pudding. When it was described to me, it sounded unappealing, but after I tried it, I changed my mind. There was something about the cinnamon and overall sweetness of this dish that agreed with me; I'm glad I tried it.

Who knew such simple food would be the reason Olsburg nearly doubles in population on the weekends. I guess the Kaffe Hus takes the K.I.S.S. (Keep It Simple, Stupid) method for dogma.

Tim Schrag is a junior in journalism and mass communications. Send comments to [edge@spub.ksu.edu](mailto:edge@spub.ksu.edu).

## Waffle-wiches

### Ingredients:

- 1/4 cup low fat salad dressing
- 1 tablespoon Dijon mustard
- 1 tablespoon honey
- 4 thin slices cheddar, Colby, Swiss or mozzarella cheese
- 4 slices (about 1/4 pound) deli turkey, ham or roast beef
- 8 slices whole wheat sandwich bread

- Spray waffle iron with cooking spray and heat.
- Combine salad dressing, mustard and honey in a small bowl.
- Spread dressing on one side of each slice of bread.

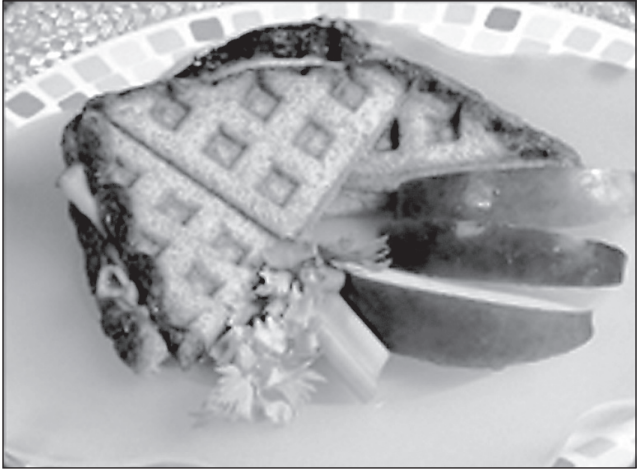
- Divide meat and cheese and place on dressing side of bread to make 4 sandwiches
- Place 1 sandwich in the middle of heated waffle iron.
- Bake for 2 to 3 minutes or until sandwich is golden brown and cheese is melted.
- Repeat with other sandwiches.

### Helpful Hints:

Don't have a waffle iron? Use a griddle or skillet to toast the bread and melt the cheese. Heat the griddle on medium heat and watch carefully so the bread is evenly toasted on both

sides. Cut the waffle-wiches into strips for easy dipping in ketchup or sauce. Read the bread label to make sure it says "100 percent whole wheat bread" for extra fiber and wholesome ingredients. Other words like "wheat" or "cracked wheat" do not mean the same as 100 percent whole wheat bread. Try different combinations of meat, cheese, sauces and bread. It's a great way to use leftovers.

-[www.kidsacookin.org](http://www.kidsacookin.org)



NUTRITION FACTS	
Serving Size 1 sandwich Servings per Container 4	
Amount Per Serving	
<b>Calories</b> 240	Calories from Fat 60
% Daily Value*	
<b>Total Fat</b> 7 g	11%
<b>Saturated Fat</b> 1.5 g	8%
<b>Cholesterol</b> 15 mg	5%
<b>Sodium</b> 740 mg	31%
<b>Total Carbohydrate</b> 30 g	10%
<b>Dietary Fiber</b> 2 g	8%
<b>Sugars</b> 8 g	
<b>Protein</b> 15 g	
Vitamin A 2%	Vitamin C 0%
Calcium 15%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet.	



# Democratic candidate runs nontraditional campaign for House

State congressional hopeful avoids TV ads, lobbyists

Austin Enns  
staff writer

Cheryl Hudspeth does not fit the traditional stereotypes for a politician. As the Democratic candidate for Kansas' 2nd Congressional District, she is running a nontraditional campaign for the House of Representatives. Instead of paying for campaign ads, Hudspeth is trying to win the election in a way that allows her to avoid being influenced by special interests.

"I refuse to go to D.C. to ask lobbyists for money," Hudspeth said. "I am not going to have TV commercials or a traditional campaign; I want to spend my time meeting the people of this district."

Running a nontraditional campaign will pay off if Hudspeth is actually elected, but

during the election it can have some serious handicaps, especially if the candidate is not well known in their district.

Being unknown in the Democratic primary was fine, because Hudspeth said she was running against other candidates who were largely unknown as well. In the general election, campaigning against a better financed candidate can be daunting, Hudspeth said she thinks she can overcome her status as an unknown and that she is knowledgeable enough to handle the job.

"I think we have very poor representation right now, and I feel like most people think that too," Hudspeth said. "I think I am just as qualified, if not more, than the current representative in my own way."

This passion to run a nontraditional campaign does not stop with Hudspeth's own campaign, though. She said the current system of campaigning needs

to be reformed so that money from special interests does not play such a large role in elections. Hudspeth said she thinks reform is possible.

"It's not hard at all; problem is, most people don't think it can work," Hudspeth said. "Congress is not going to pass campaign finance reform until voters demand it. They write the rules they have to live by."

Hudspeth has other passions in her life besides campaign finance reform.

She is married and has two kids; one is a senior in high school and one is a junior at K-State. She has worked a variety of jobs in all sectors throughout her lifetime, but mostly in community economic development; she helped people get out of debt, taught financial literacy and assisted people who were trying to become homeowners.

Other, more public projects Hudspeth has taken on include planning community financing

for housing community centers, food banks and business development centers. Hudspeth has a depth of experience to draw on, but little of it comes from elected positions.

"I have 20 years of working on various public citizen committees," Hudspeth said. "I worked on many committees, but not my own."

This election year, many Democratic candidates are trying to distance themselves from some of the national legislation that has been passed in last two years, but Hudspeth sees some of the controversial bills in a positive light. For example, she said the stimulus bill passed by Congress in February of last year was beneficial because of how it utilized public-private partnerships.

"That is a lot of what I think needs to go on right now," Hudspeth said. "A lot of people like to beat up on the stimulus, but while it is government-financed,

most of the money is going in the hands of private businesses to do the work."

She sees public-private partnerships as an important tool to help the economy, partly because of the private sector's ability to invest in projects the government might not be able to afford on its own.

Defending national policies is good for the party's image, since its control of Congress makes it accountable for those policies in voters' eyes, but she also went on the offensive against Republicans and their new "Pledge to America."

"They have patriotic themes, they have misleading numbers, but they do not mention education once," Hudspeth said. "They say they are going to give Department of Defense whatever they want, but they will cut domestic spending levels back to '08 levels, which is just under 23 percent."

Hudspeth said Department of Defense spending is one area

the United States needs to bring under control. American deficits have grown larger over the past decade, and Hudspeth said the wars in Iraq and Afghanistan, along with general defense spending were a bigger area of concern than social programs.

K-State, the University of Kansas and Washburn University are all in Kansas' 2nd Congressional District, so financial reform is a big concern for Hudspeth because of the effect it could have on student loans, as well as the general economy.

Hudspeth's election would be a change of pace for Kansas voters, with her willingness to hold views she sees as meaningful for Kansans. She just has to get elected first.

"I have been campaigning really hard, traveling and meeting as many people as possible," Hudspeth said. "I want enough people to meet me to know I am a competent person to do the job."

# Simple measures can prevent flu

Vaccinations help reduce spread of disease; some students remain unconvinced of benefits

Deborah Rafferty  
The Daily Utah Chronicle

As the weather gets chillier, concerns about flu season are on the rise. Each year in the United States, 5 percent to 20 percent of people will contract the influenza virus and 200,000 people will be hospitalized, said Melissa Briley, physician's assistant at the Madsen Family Health Center in Salt Lake City.

According to Briley, many people confuse the common cold with influenza, which affects people suddenly and lasts for days. Symptoms of influenza include headaches, runny nose and coughing, among others.

"Influenza is more severe and can cause complications and even death," Briley said. "The trademark of influenza is a high fever."

To prevent getting the flu, Briley recommends washing hands frequently and covering the nose and mouth with a tissue when sneezing or coughing. Avoid touching the eyes, nose and mouth with hands, as they are likely to have the influenza virus on them. Most of the time, people give the virus to themselves because they will touch their mouths with their hands, she said.

Briley also suggests that everyone get the seasonal flu shot, which includes the H1N1 vaccination this year.

"The CDC recommends everyone over the age of six months get vaccinated," Briley said.

Despite many doctors' recommendations, some students do not feel it is necessary. Nathan Reinhart, junior in architecture at the University of Utah at Salt Lake City, does not see the need to get vaccinated because he has never been susceptible to the flu, he said. Mikaela Ray, senior in physics at Utah, agrees with Reinhart, saying she has never been sick.

"For kids, infants and the

elderly, (the flu shot) has its purpose," said Evan Adkison, senior in secondary education at Utah. Adkison said he thinks the flu shot is not important to get because he can stay healthy without one.

"I don't trust the flu shot," said Fletcher Hukari, senior in film and media art at Utah, adding that he feels as if the flu shot is a scare tactic used by pharmaceutical companies to make more money.

Briley disagrees with the mentality that people should not get vaccinated because they don't usually get sick.

By vaccinating the general population, it helps prevent spreading influenza, she said.

"You're going to spread it unknowingly," she said, adding that someone could pass the virus along to someone while waiting in line at a store.

People will not get the flu from vaccines, as they use an inactivated or dead virus. Some people have experienced soreness in the arm where the vaccine was injected and may feel ill afterwards, but it is not because of the vaccine, Briley said.

# HEADPHONES | Custom-made, noise-canceling best for safety

Continued from Page 1

don't fire as well as they used to," Ruggle said, "And that's what causes the hearing loss. You just lose your sensitivity to hearing in a certain range."

The body gives off warning signs when this damage occurs: a bothersome ringing sensation, or a dull, fuzzy feeling. The symptoms can pop up right after listening and can last as little as a day.

Boesche said she detected the signs in herself.

"Whenever I turn my stereo down in my car or turn

my iPod off, my ears ring for a minute," she said.

Ruggle said he has treated children and young people alike; however, most of the hearing loss he treats in children or young people in their twenties is "almost all preventable."

Besides listening at the recommended level and giving the ears periodic breaks, custom-made or noise-canceling headphones can ensure a safer listening experience.

Custom earphones seal off the ear, allowing less sound to escape. A pair at Ruggle's

office can cost anywhere between \$100 and \$2,000. Noise-canceling headphones block out environmental noise. Both types prevent the listener from reaching for the volume dial.

Neither of the experts asked young people to put down their earphones — they advised moderation, quality equipment and user education. And maybe, for avid listeners like Boesche, to give a second thought to what parents have demanded of young people for generations: "Turn it down!"



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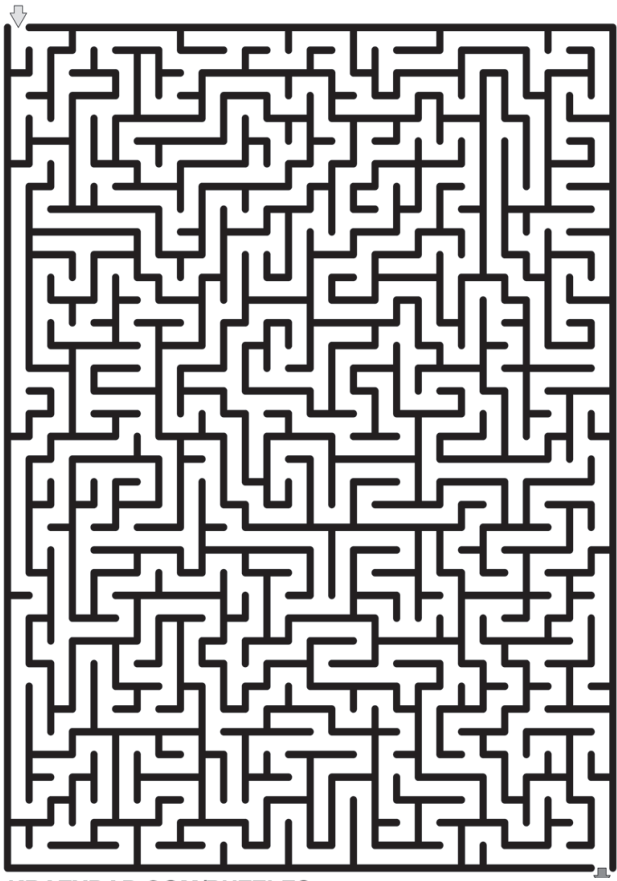
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# Fort Riley soldiers compete in 10-mile race in Washington, D.C.

Men's team places 21st, women's 181st in Army Ten-Miler

Stephanie Hoff  
1st Inf. Division Public Affairs

WASHINGTON, D.C. — Soldiers of the Big Red One helped the historic division stand above the rest Oct. 24 in Washington, D.C., when they crossed the finish line of the 2010 Army Ten-Miler race in front of thousands of other runners.

The Fort Riley and 1st Infantry Division's men's team placed 21st, and the women's team placed 181st out of more than 650 teams.

About 30,000 runners entered the 26th annual event that brings together runners from all across the globe and is currently the third-largest competitive run in the world.

"It was pretty awesome; 30,000 people strong is a lot of people," said Capt. Alex Tignor of F Company, 701st Brigade Support Battalion, 4th Infantry Brigade Combat Team.

Tignor was the 240th runner — out of the race's 21,636 finishers — to cross the finish line with a time of 1:01:37.

Each team additionally excelled in its respective categories in the race. The men's team placed 10th in the Active Duty Men — Commander's Cup class, with a combined total time of 4:05:01, and the women were awarded 12th in the Active Duty Women — Commander's Cup with a



Runners in the 2010 Army Ten-Miler take off from the starting line Oct. 24 in Washington, D.C. Thirty thousand runners registered for the 26th annual event.

time of 5:04:42.

The runners began training together in August and generally ran an average of 60 miles per week in preparation for the race. The 10 participants selected to represent Fort Riley earned their spots on the team after top finishes in either the Ten-Mile Run

hosted during Victory Week in June or the 10-5-2 Mile Prairie Run in July. Both races are run annually in Fort Riley and serve as a qualifier for active duty soldiers to represent the Big Red One and Fort Riley in the Army Ten-Miler.

Lt. Col. Susanne Arnold, who serves as a military

judge with Fort Riley's Staff Judge Advocate Office, has participated in the 10-mile race seven times since 1995. Arnold was the second female on the Fort Riley women's team (behind teammate Capt. Elizabeth Hill of 1st Engineer Battalion, 1st Heavy Brigade Combat Team) to cross the

finish line, with a time of 1:13:52.

Arnold said witnessing the event grow and improve over the years has been her favorite highlight of participating in the event. When the race began in 1985, only 1,379 runners entered the competi-

"It's gotten better and better every year," Arnold said. "It's just a great time."

Before and after the race, the runners were able to relax and enjoy themselves at the Big Red One's Hooah Tent. The Hooah Tent Zone is designed to allow U.S. Army units and installations to promote their divisions through displays and informational materials. The tent featured historical depictions of the units, live music provided by members of the 1st Inf. Div. Band and complimentary food.

"Participating with the BRO and Fort Riley Hooah Tent was a great experience," said Staff Sgt. Brian Strube of A Co., 2nd Bn., 16th Infantry, 4th Infantry Brigade Combat Team, who wore a Vietnam-era uniform during the event. "A lot of Vietnam veterans kept coming up to me and sharing their stories and asking to have their pictures taken with me in the Vietnam uniform. I would love to get to do something like this again."

The runners said they plan to continue training during the upcoming year in hopes of representing the division and Fort Riley in next year's Army Ten-Miler.

Brig. Gen. David Petersen, deputy commanding general of the 1st Inf. Div. and Fort Riley-rear, noted the team's successes and congratulated them on a job well done.

Petersen said the run "is a great thing. It's a great event and our folks did a really great job. I'm really, really proud of them."

## PRIDE | Event showcases K-State's diversity

Continued from Page 1

and the League of United Latin American Citizens at the event, two organizations that she joined after coming to K-State.

Pat Bosco, vice president for student life, said it takes a great deal of collaboration to put the event together.

"Pride Day has become a great K-State tradition," Bosco said. "It would not be possible without the help from hundreds of K-State students and the participation of multicultural organizations."

One such organization is Sigma Lambda Beta, which Alejandro De Luna, senior in construction science and management, said is the "largest and fastest growing Latino-based greek organization."

"We're trying to show these students that people of diverse backgrounds can pursue a higher education, especially since examples are low right now at K-State," De Luna said.

Another member of Sigma Lambda Beta, Edmund Rivera, junior in nutritional sciences, said the event brought in high school students from all over Kansas to increase multiculturalism at K-State.

One of those high school students was Rafael Ramero, a sophomore at Wichita North High School. He said he was visiting K-State in addition to other colleges, including Wichita State University, Friends University and Newman University. He plans on coming to K-State after graduation to study architecture. When asked about the Pride Day, he said, "It's fabulous."

Rick Johnson, a counselor at Salina Central High School, brought 17 students from Salina to participate in the event.

"The main intent is to give our students a broader vision of higher education and to help them develop a vision for themselves and their future," Johnson said.

He also said some of the students are interested in attending K-State, but many are more generally interested in colleges, and some are a few years from graduating but want to explore their options.

At lunch, which also included routines from K-State

multicultural organizations, Johnson sat next to Jesus Hernandez, a Spanish teacher at Salina South High School. Hernandez said his school brought over 30 students to Pride Day.

"It's a marvelous idea what K-State has done here," Hernandez said. "I think it's great because it gives our students an insight into what college is about, and it provides them with different ideas about how to reach their dreams and goals. It lets them know their goals are attainable."

Johnson said he enjoyed the event.

"It's a good day," he said. "Thanks to K-State for putting it on."

Bosco said the event was ultimately a showcase of both academics and the excitement of K-State.

"There's nothing else like it," Bosco said. "Programs like this are why we enjoy record enrollment numbers each fall."

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# New Manhattan-based website to host showing of comedy/horror

The Scoop hopes to promote its website with community event

Lauren Gradert  
junior staff writer

Despite the loss, many K-State students got a good laugh after the K-State-Nebraska football game thanks to the up-and-coming online community, The Scoop.

The Scoop's "N for Knowledge" video, which featured trivia questions with Nebraska fans, buzzed around the Internet among students.

As a way to promote its online presence and provide an event for the Manhattan community, The Scoop is hosting a free showing of the movie "Army of Darkness" at the Wareham Opera House on Oct. 27.

Darren Dodge, K-State graduate and co-founder of the website, said The Scoop was "built with the idea of letting people know what's going on in town."

Blade Mages, owner of 502 Media Group, and Dodge recently launched the site in hopes of fostering a community of both



Lauren Gocken | Collegian

The Wareham Opera House is scheduled to present the horror movie "Army of Darkness" tonight at 7. The event is free and open to the public.

K-State students and Manhattan residents.

Mages has experience with website design in everything from graphic design to video pro-

duction and social media management.

He and Dodge said they hope to get more people involved in events around town and attract

more venues with their website, while doing all of it in a light-hearted and edgy manner.

"We want exposure for the area to be able to get more stuff to

come to town," Dodge said.

Their goal is to have everyone involved. Dodge said that they are shooting "from the KSU angle and from the town angle."

With Halloween just around the corner, Mages and Dodge said they thought it would be fun to have a free showing of "Army of Darkness."

The movie is the third in the "Evil Dead" series. The hero Ash, played by Bruce Campbell, finds himself trapped in the 13th century, where he accidentally awakens a skeleton army in this slapstick comedy horror.

At the showing, there will be drinks and snacks for people of all ages. The event is called "The Punch-Drunk Picture Show," because it features a hilarious comedy that people do not get to see often, Mages and Dodge said.

"It's just a fun movie that you should see with a crowd," Dodge said.

The Scoop is also giving away a free Nintendo Wii to one attendee, courtesy of CD Tradepest.

The team said the movie is a way to get the website's name out and to have a blast at the same time.

"We're huge film buffs," Dodge said.

The show begins at 7 p.m., and coming in costume is welcome.

"We don't take ourselves too seriously," Dodge said.

# CANDY | Homemade treats can be dangerous; some parents cautious

Continued from Page 1

accepting homemade items or fresh fruit.

"I know it's scary to think about, but people have been known to put razor blades and other things in their fruit," Blakeslee said.

Miller agreed that homemade treats should not be trusted.

"We never take homemade things or candy that isn't in individual wrappers," she said. "You just never know what people put in their food."

Aramouni said the problem most common and worrisome for trick-or-treaters does not receive the most attention.

"One thing that often gets overlooked is potential food allergies," Aramouni said.

To prevent the problem of food allergies, Aramouni and Blakeslee suggested people handing out and accepting candy should avoid candies containing nuts; however, that



Photo illustration by Nathaniel LaRue

Previously opened candy and wrappers that have been tampered with can be a sign that the product inside is dangerous to consume.

will not ward off every allergy problem.

"Children need to know what they are allergic to," Aramouni said.

Blakeslee also suggested the possibility of handing out non-

food items.

"Kids love toys," she said.

These problems warrant potentially serious consequences, but with a few preventative measures, trick-or-treaters should have little to worry about.

HOMECOMINGandHALLOWEEN  
HOLLA

give a holla to...

co-workers friends  
girlfriend family  
in the Kansas State Collegian

25 Words Max

To: \_\_\_\_\_ Date \_\_\_\_\_

From: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

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Rent-Apt. Unfurnished

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Rent-Apt. Unfurnished

FOR RENT available December 1. Two-bedroom, one bath, all utilities paid, no pets, \$1100 per month. Call 785-564-0372.

115

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FOUR-BEDROOM, TWO and one-half bath. Rent until December 31st or May 30th. \$975. 785-317-7713.

THREE-BEDROOM nice remodeled house West of campus. No smoking or pets. Available November 1st with short lease. 785-776-6318. Email for photos at [klimekproperties@cox.net](mailto:klimekproperties@cox.net) \$900-\$1000

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Sudoku

☆☆☆☆

					2	4
1	4	2				
6	5			1	8	
			8		6	
		5				
5	7					
8	6			5		9
			4	7		
7	9					6

brainfreezepuzzles.com

Rules: Fill in the grid so that each row, column, and 3x3 block contains 1-9 exactly once.

6	3	4	7	5	9	2	8	1
8	7	5	1	6	2	9	4	3
2	9	1	8	4	3	5	6	7
7	1	3	5	8	4	6	9	2
5	2	6	9	3	7	4	1	8
4	8	9	2	1	6	3	7	5
9	6	7	3	2	8	1	5	4
1	4	2	6	7	5	8	3	9
3	5	8	4	9	1	7	2	6

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ADVERTISING DESIGN

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Mobile home




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Nathaniel LaRue  
Collegian

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SPECIALS

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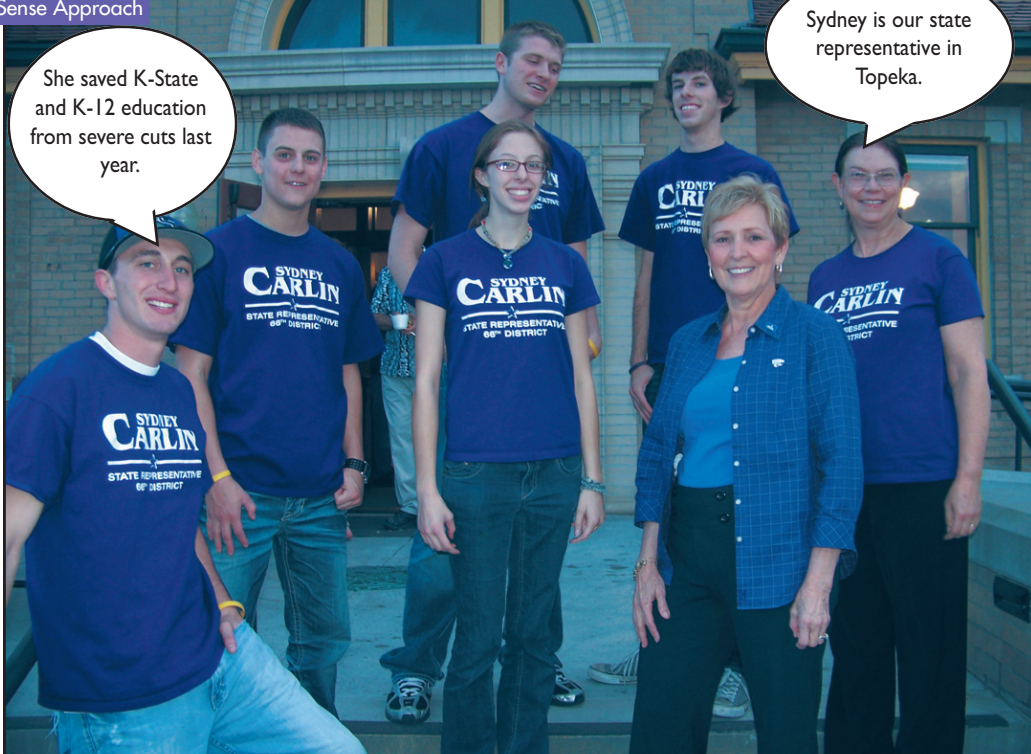
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66TH DISTRICT

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